



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20054, Rice, white, glutinous, unenriched, uncooked

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	10.46	--	0.414	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	370	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1548	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	6.81	--	0.931	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.55	--	0.133	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.49	--	0.111	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	81.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Minerals													
Calcium, Ca	mg	11	--	1.471	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	1.60	--	0.651	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	23	--	1.059	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	71	--	11.635	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	77	--	14.821	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	7	--	5.720	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.20	--	0.147	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.171	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.974	--	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	15.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.055	--	0.055	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	2.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.824	--	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.107	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.001	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.002	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.094	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.010	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.002	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.198	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.189	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.008	73	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.244	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.294	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.563	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.364	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.568	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.395	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.328	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.321	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													